



***PÅRØRENDEALLIANSEN – NORWEGIAN ALLIANCE FOR INFORMAL CARERS***

***ANITA VATLAND – DAGLIG LEDER /CEO***



# Informal carers Norway

- **2022 estimated 800 000 in an active care role** (14,8 % out of 5.4 million )
- Estimated 136 000 FTEs done by carers
- provide **50 % of all the care** to the sick & elderly population
- 68 % of people caring are between 40-70 years
- 77 % of carers are working in paid work
  
- 66 % of women 15-74 work
- 71,4 % of men 15.74 work
- **Women work more part time, reduce hours, stop working = income inequality**
- Most women are minimum pensioners

## Trend: Familiarisation of care policy

- Ageing at home, home treatment, digital solutions
- No new beds in Care Homes last 10 years
- Down-sizing number of beds i hospitals
- Lack of LTC for all old 85 +

## In 2050

- Fewer informal carers who also have to do paid work, 35 % over 70 years old
- Caring for more than 2 persons will increase
- How will we fill the gap if we still need 50 % from informal carers?



## **PAA stated in 2016: We need a plan for informal carers**

**Dec 2020:**

Informal Carer Strategy with plan of action 2020-2025  
delivered to us from the Prime minister and Minister of Health

### **3 main goals**

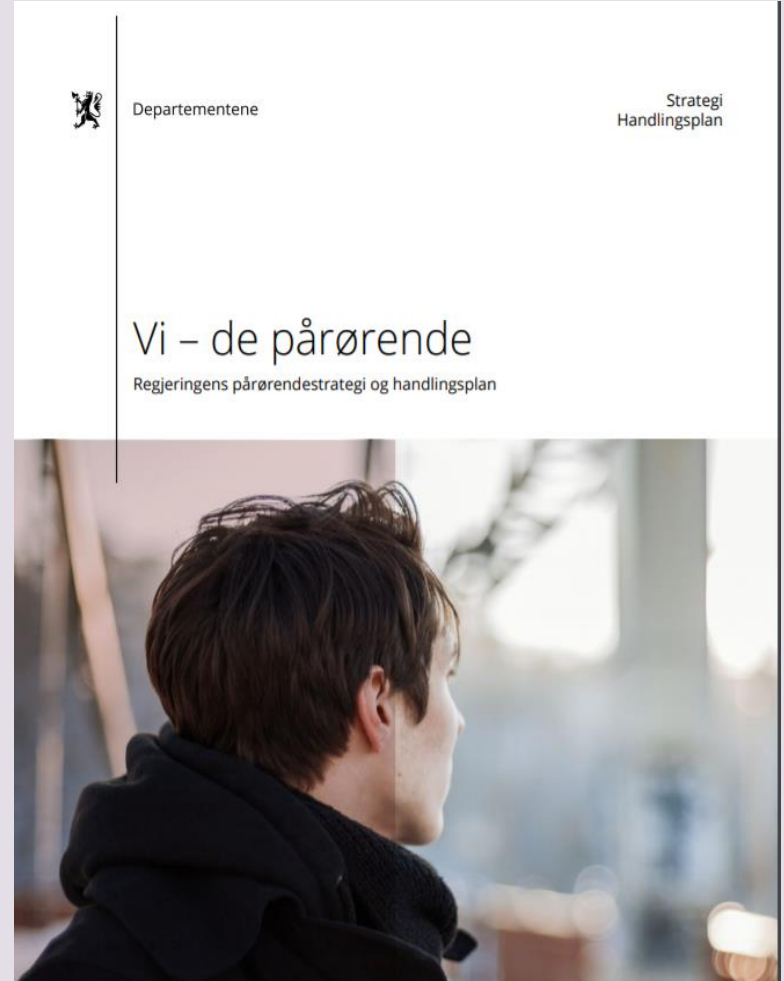
- To acknowledge informal carers as a resource
- To secure that carers can live good lives & combine care and work/education
- No child/children should care alone for family or others



# Main areas in the strategy

## 6 prioritised areas

- early identification of informal carers
  - adequate information and training
  - co-ordinated help and support
  - respite and breaks
  - family-orientation
  - right to be involved in decisions
- 
- **Involves 5 Ministries**
  - 31 points of action linked to the prioritations



## Important from the strategy

- **Informal carers agreement with municipality**  
->Secure a contact person, who-does-what between professional and informal care, agree on relief/respite , regulary status meetings
- **Informal cares participation**  
-> Informal carers should be involved on a system level.  
-> Pårørendealliansen has been **given the assignment to start to educate and train «Informal carer representants» to** be the «voice of carers» in regional advisory boards as well as in the national advisory boards, processes, ++

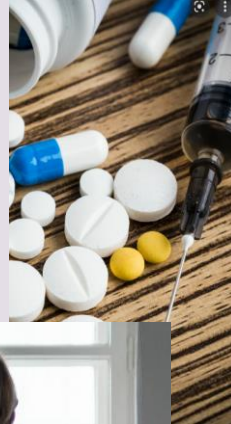
## What is missing

- **See childcare and informal care as the same value to society** – getting 10 paid sick days for adults over 18 years when they require care at home → **to share the care women & men**
- To reform our paid and unpaid leave options and the right to flexible working or change in shifts
- A national website for informal carers that guides you to qualified information
- That Municipalities put all the information they have out to informal carers





# National Survey 2022 – informal carers of 4 defined vulnerable groups of patients/users:



# What did they all have in common

- 204 parents, 1168 chronic diseases/conditions, 601 mental health/addiction, 418 frail elderly =
- 2391 respondents

## Most important for all (low – high) :

- 33-55 % economical and financial options
- 27-39 % information about my rights as a carer
- 24-39 % To be seen and heard about my/our situation
- 23 -36 % To get respite care
- 20 - 36 % Help to navigate the system

## Interesting conclusions:

- Digital solutions and technology – good for user = ok, but not on the top 5 list for informal carers
- Want to be «part of the team»
- From recognition to rights

If we want to «share the care», we have to take practical actions as well as change «gender based attitudes»

